

Substance Misuse & Harm Reduction

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Disclosures

No conflicts of interest or relationships to disclose.

How Do We Come Here?

- Name
- Where do you come from?
- What is your role in health care/public health?
- What is one strength you bring to your work?



What We Are Going to Talk About Today

- People Who Inject Drugs (PWID)
- Infectious Disease Transmission
- Opioid Epidemic and What Happened to Meth?
- Common Responses to PWID
- Alternative Approaches

People Who Inject Drugs

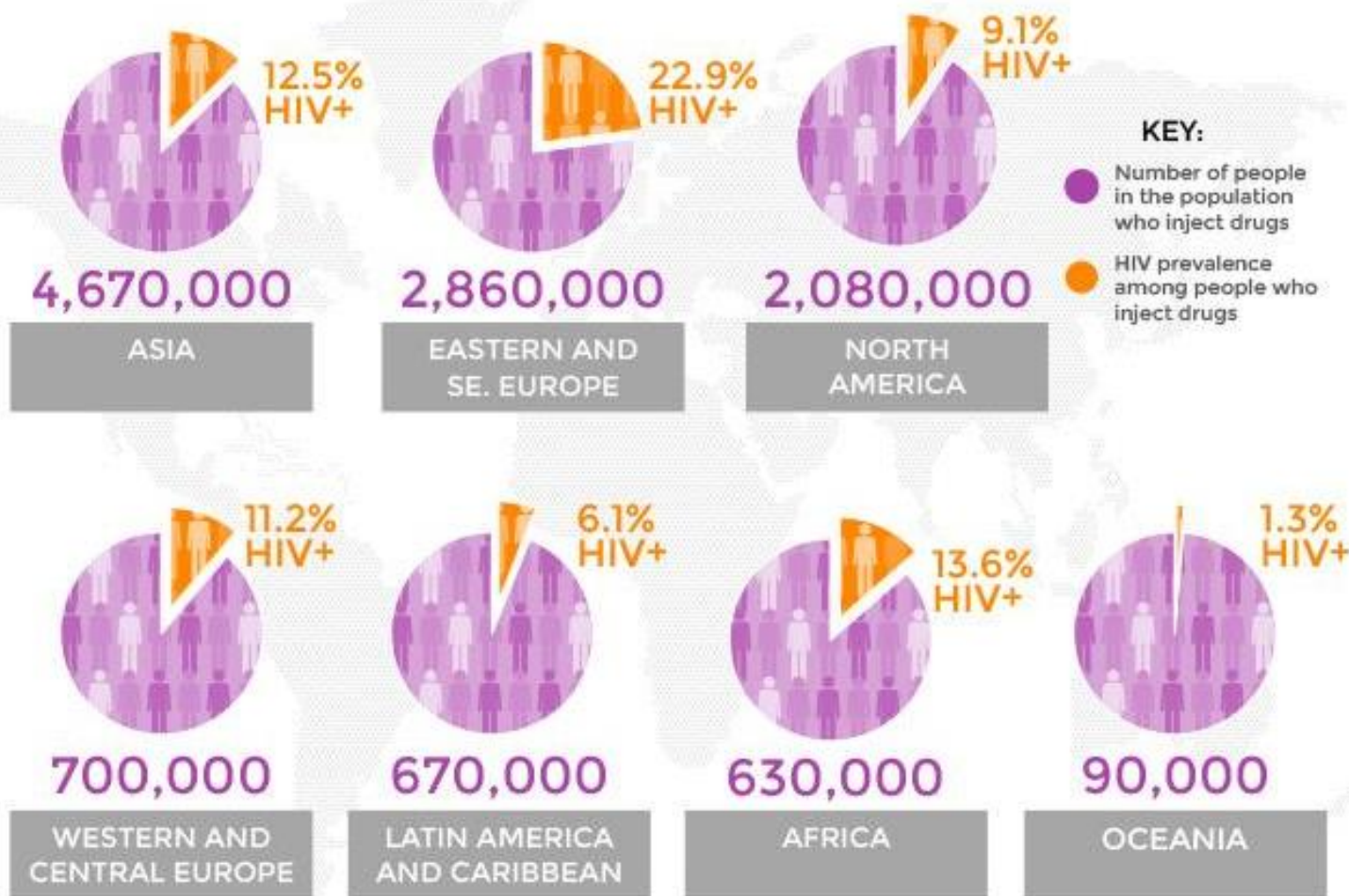
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MILLION
PEOPLE
INJECT
DRUGS

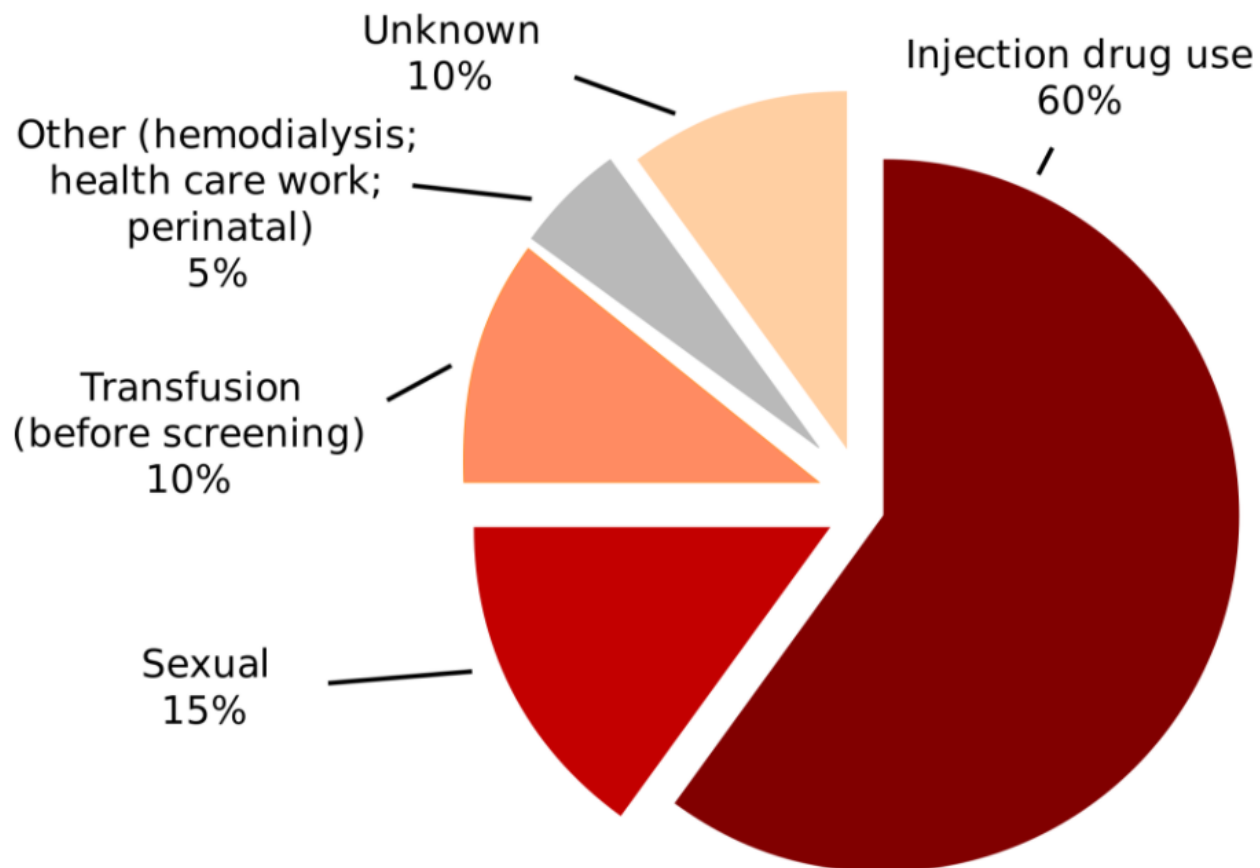
1.6

MILLION
ARE
LIVING
WITH HIV

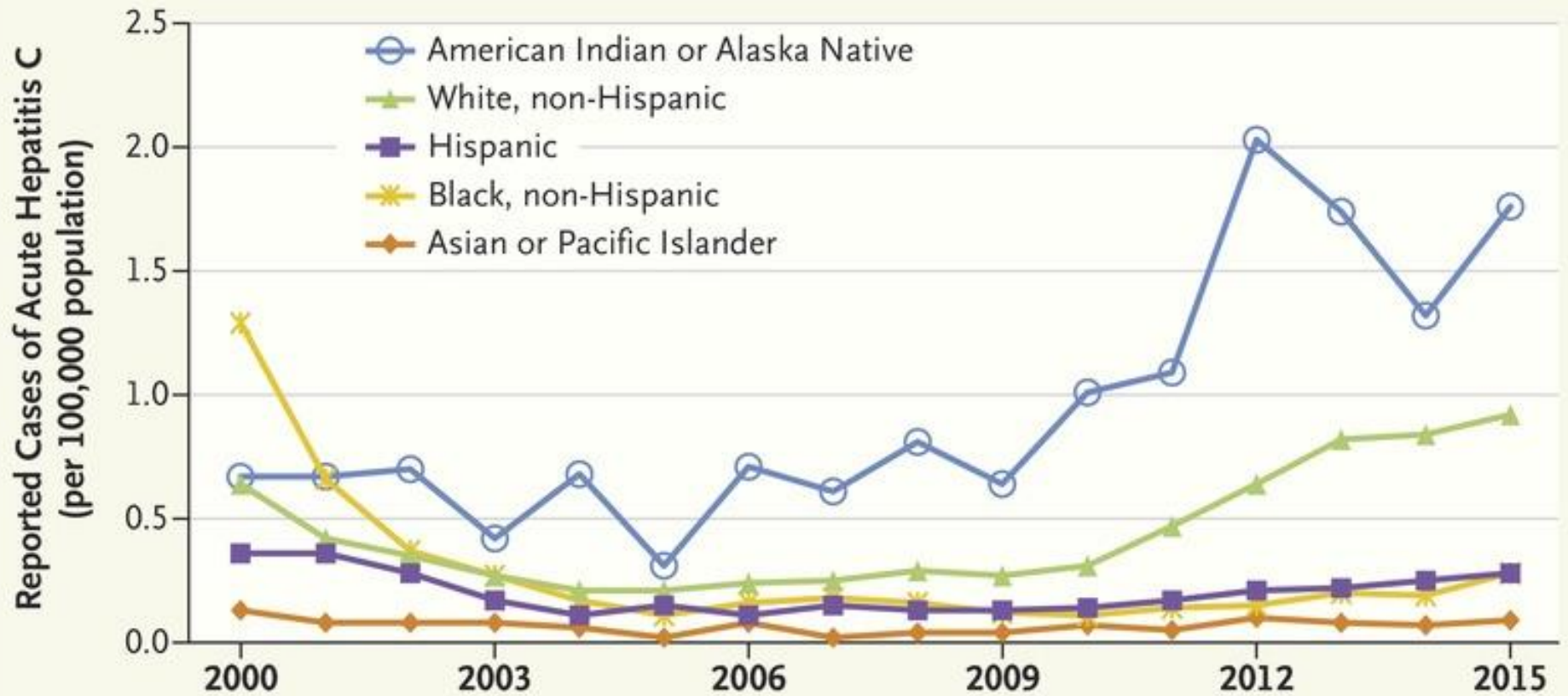
Source:
World Drug
Report 2016



Hepatitis C Transmission



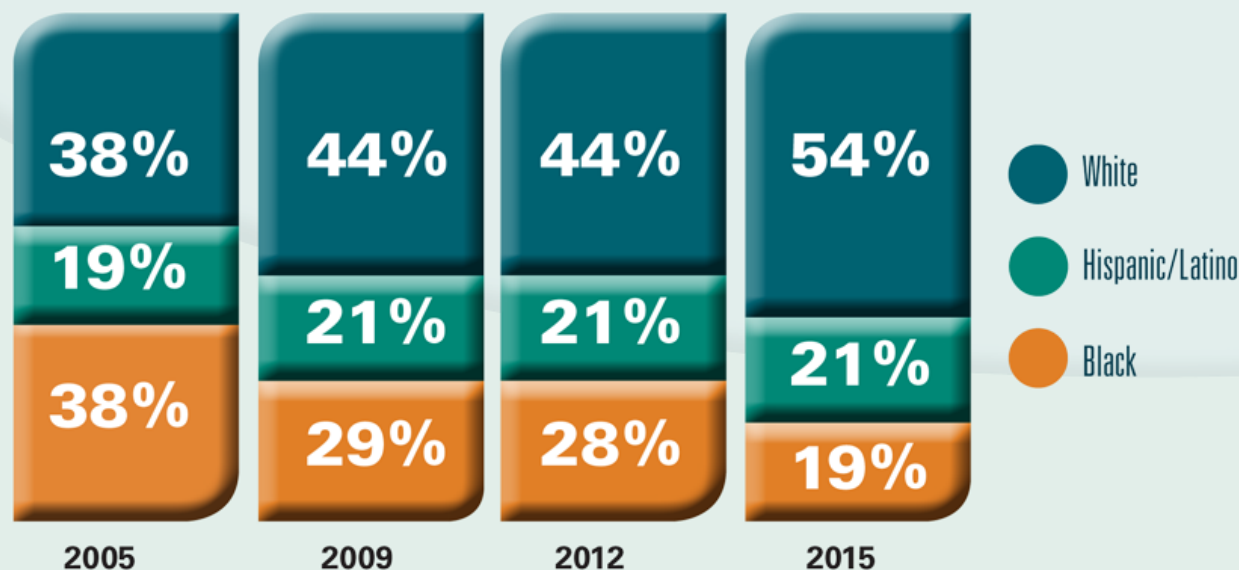
HCV in Indian Country



Demographic Changes

Changes in who is starting to inject drugs

Percent of new PWID by race suggests fewer blacks, and more whites, are starting to inject drugs



SOURCE: CDC's National HIV Behavioral Surveillance data, 2005-2015

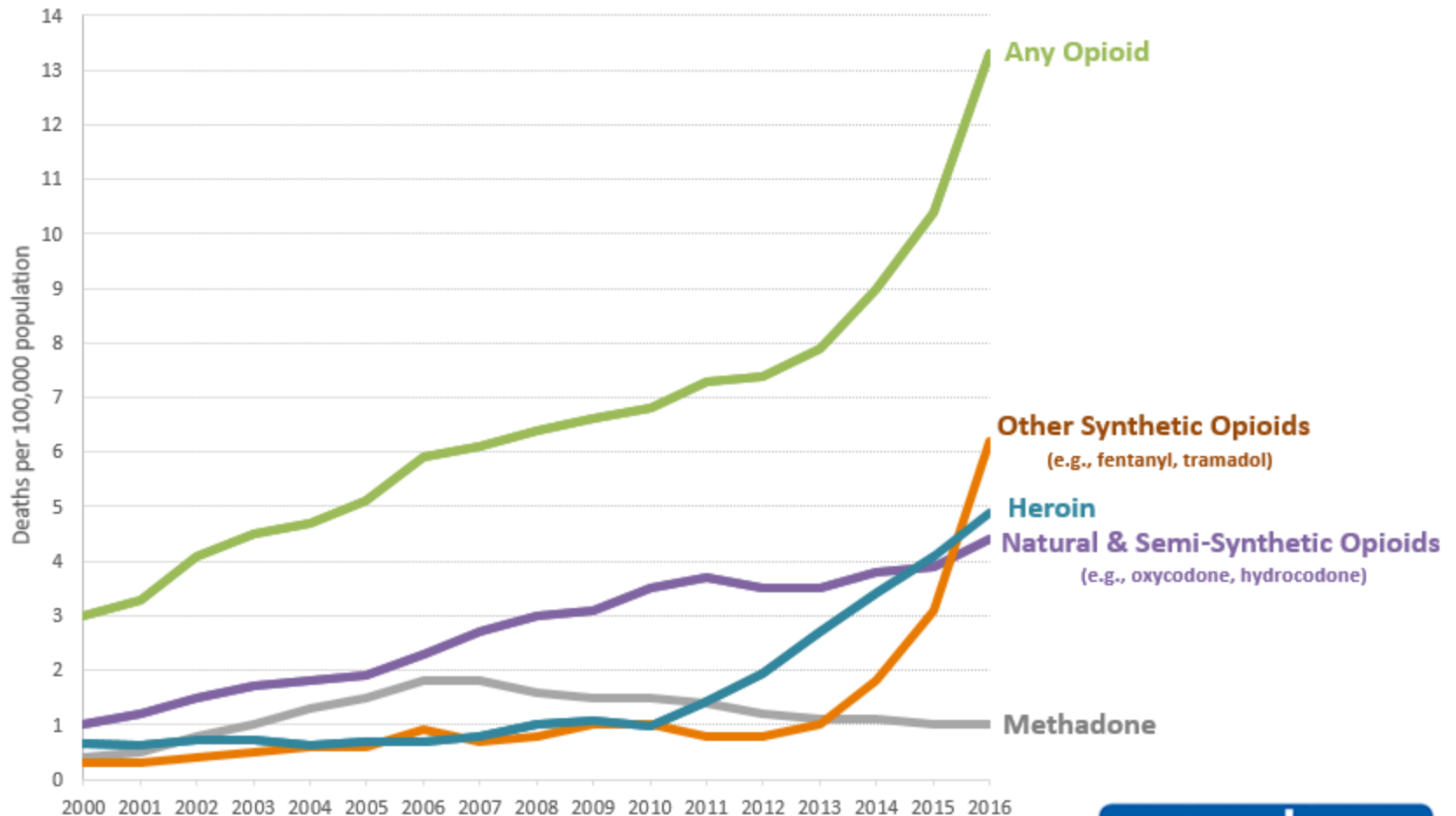
60%

Heroin use has increased more than **60%** (114% in whites) in recent years. The heroin and prescription opioid epidemics could lead to new HIV outbreaks.

SOURCE: National Survey on Drug Use and Health, 2002-2013

Overdose Deaths

Overdose Deaths Involving Opioids, by Type of Opioid, United States, 2000-2016



SOURCE: CDC/NCHS, National Vital Statistics System, Mortality. CDC WONDER, Atlanta, GA: US Department of Health and Human Services, CDC; 2017. <https://wonder.cdc.gov/>.

www.cdc.gov
Your Source for Credible Health Information

Response to “Opioid Epidemic”



N.H. Lawmakers
Approve \$20 Million Of
Federal Opioid Funding

New Hampshire Public Ra...

2 days ago



Illinois gets \$44 million
in federal funds to fight
opioid abuse

WQAD.com

2 days ago



Ohio getting \$71M for
more medication-
assisted treatment, care
for people battling...

WLWT Cincinnati

2 days ago

→ More for federal money for opioid epidemic

Opioid Addiction – Grants.gov Community Blog

<https://blog.grants.gov/tag/opioid-addiction/> ▼

The following recent grant opportunities highlight the range of U.S. **government** agencies and programs currently addressing the **opioid epidemic**: Continue ...

Methamphetamine in N. Dakota. . .

DEA reports huge jump in North Dakota meth seizures in 2018

AMY DALRYMPLE Bismarck Tribune Dec 12, 2018



99¢ YOUR FIRST MONTH!



The Drug Enforcement Administration saw a huge jump in methamphetamine seizures in North Dakota in 2018 as the drug becomes more accessible in the region.



For fiscal year 2018, which ended on Sept. 30, the DEA seized 61.82 pounds of meth in North Dakota, up from 3.08 pounds that were seized in the state the year before.



“Local and state law enforcement have probably seized an equal amount if not more,” said Ken Solek, assistant special agent in charge for the Minneapolis DEA Office.



PROMOTIONS

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[PROMOTION](#) [SPOTLIGHT](#)

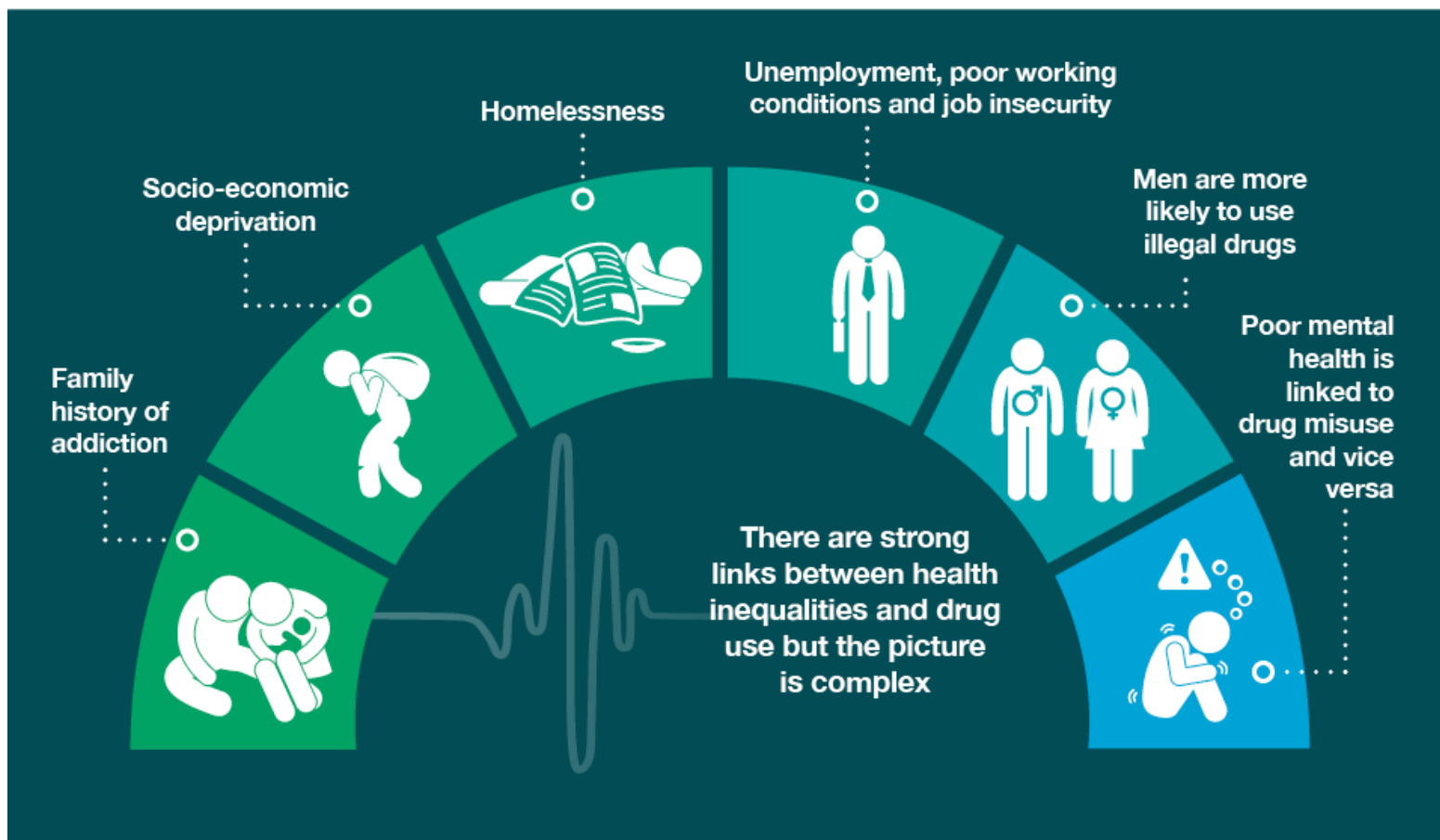
How much do you know about Mother's Day?



[PROMOTION](#) [SPOTLIGHT](#)

Which season are you?

Drug Misuse is a Public Health Issue



N Dakota Health Needs

January 2017



Center *for* Rural Health

University of North Dakota
School of Medicine & Health Sciences

Fact Sheet

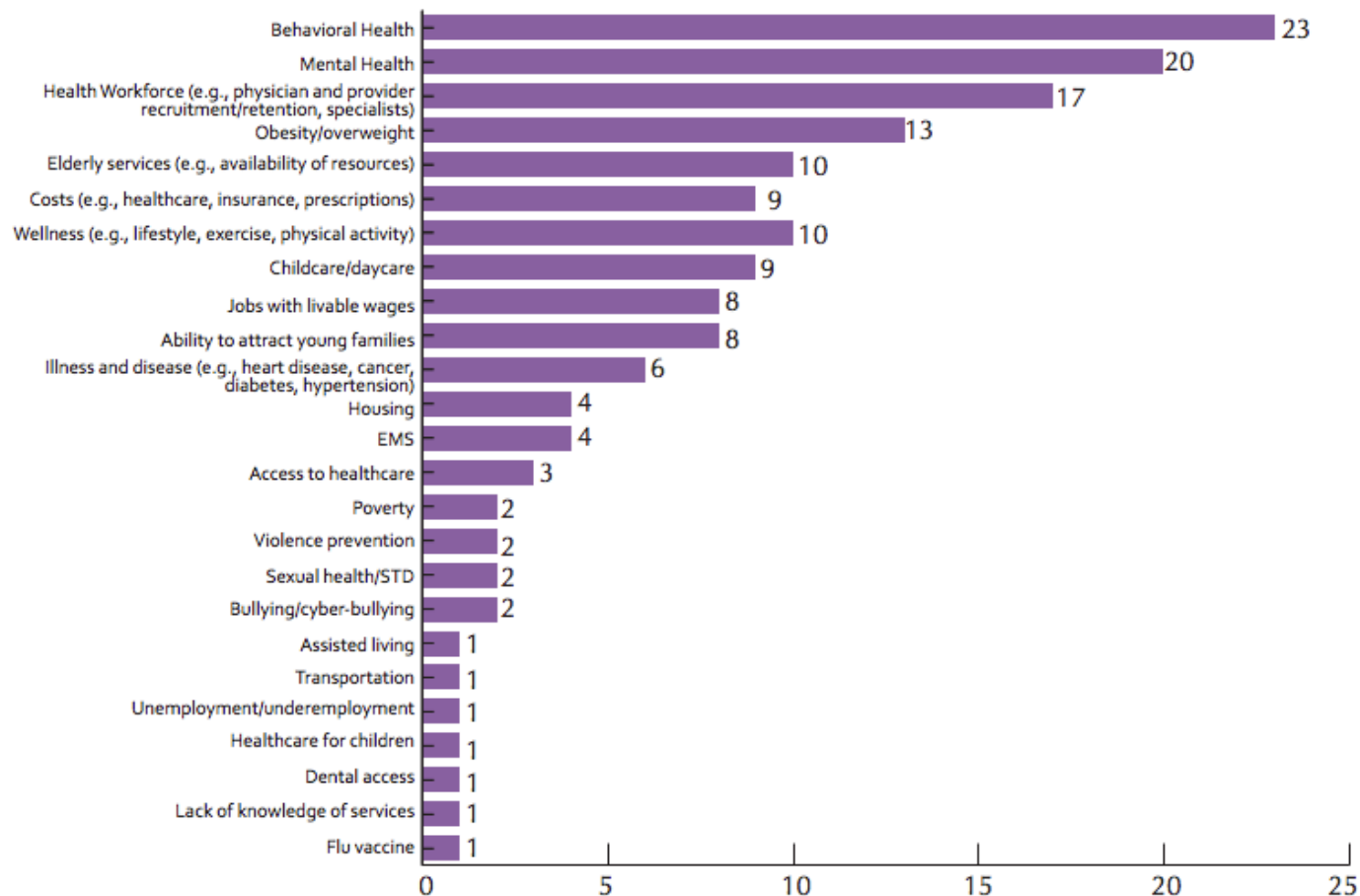
North Dakota's Significant Health Needs as Identified by Community Health Needs Assessments

Aggregate Results for Rural and Urban North Dakota Hospitals and Public Health Units

Brad Gibbens, Center for Rural Health Deputy Director and Assistant Professor

N Dakota Social Determinants of Health

Identified Community Health Needs

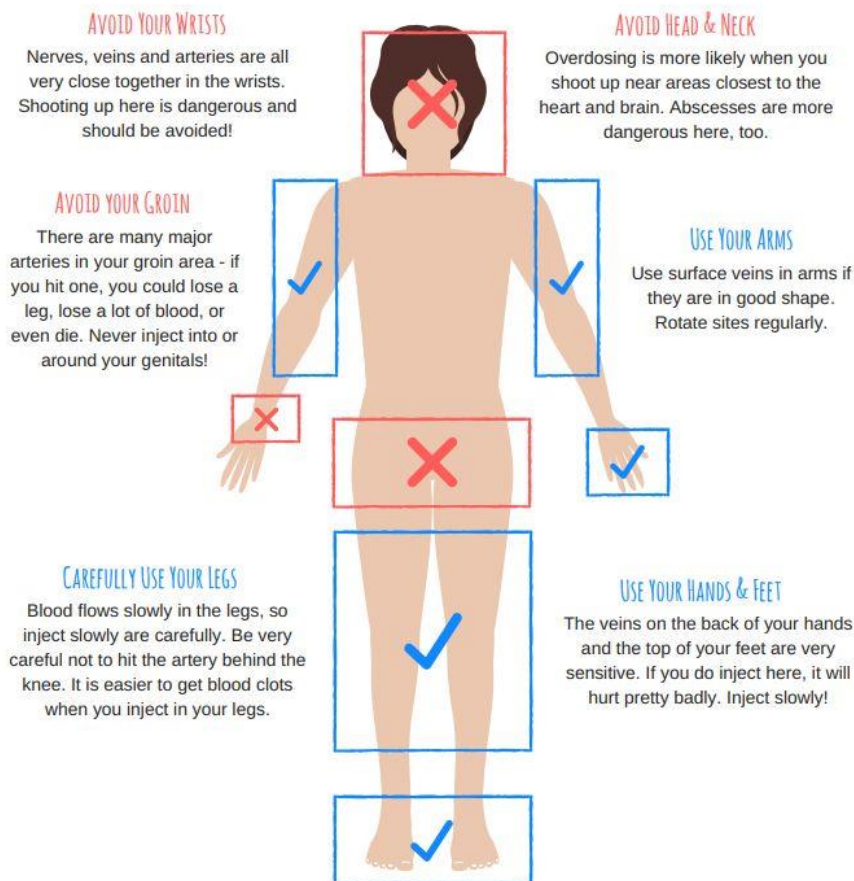


Health Risks

- Collapsed veins
- Infection of the heart lining and valves
- Abscesses
- Constipation and gastrointestinal cramping
- Liver or kidney disease
- VIRAL HEPATITIS – ESPECIALLY HCV
- HIV

Public Health – Where to Start?

SAFER INJECTING



Thanks to our partners at:



ROTATE YOUR SPOT!

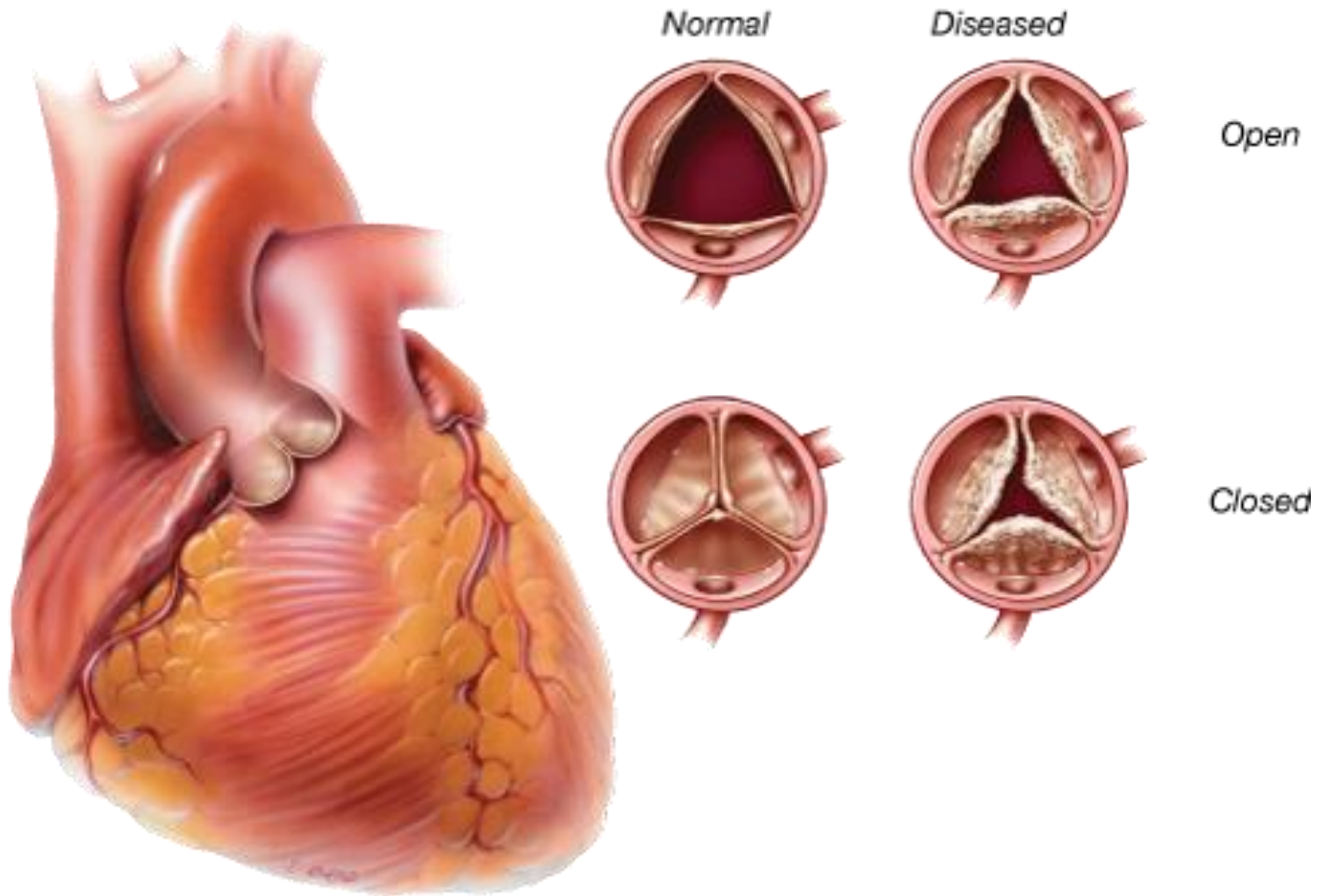
When you stick a needle in your skin, it leaves a hole that has to heal. **The same is true with your veins!** You can keep your veins in good shape if you let the spot heal before you hit on it again.

If you don't let your veins heal:

- Collapsed Veins
- Infections
- Leaky Veins (Wasted Shots!)
- Abscesses from Leaks

Sticking a needle through a hole that isn't healed can push a blood clot into your blood stream. This clot could get stuck somewhere else in your body and become dangerous!

Endocarditis



Abscess

- A swollen infected sore
- A painful collection of pus
- Usually caused by a bacterial infection
- Can develop anywhere on the body
- Can feel hot
- Can develop into a hard pus-filled core



Contaminated Hit

- A shot that makes someone sick or causes an abscess is a result of being contaminated.
- Contaminants in the water used to dissolve the drugs
- Bacteria, fungi, or other microbes from old cottons
- Chemicals in a cigarette filter used to filter a shot
- Contaminants in the drugs themselves
- Not washing the skin prior to injection

Importance of Water

- Veins need water to stay healthy
- Water that is mixed with the drug must be clean
- Water to mix drugs should not come from the same source everyone else uses or uses to rinse the syringe



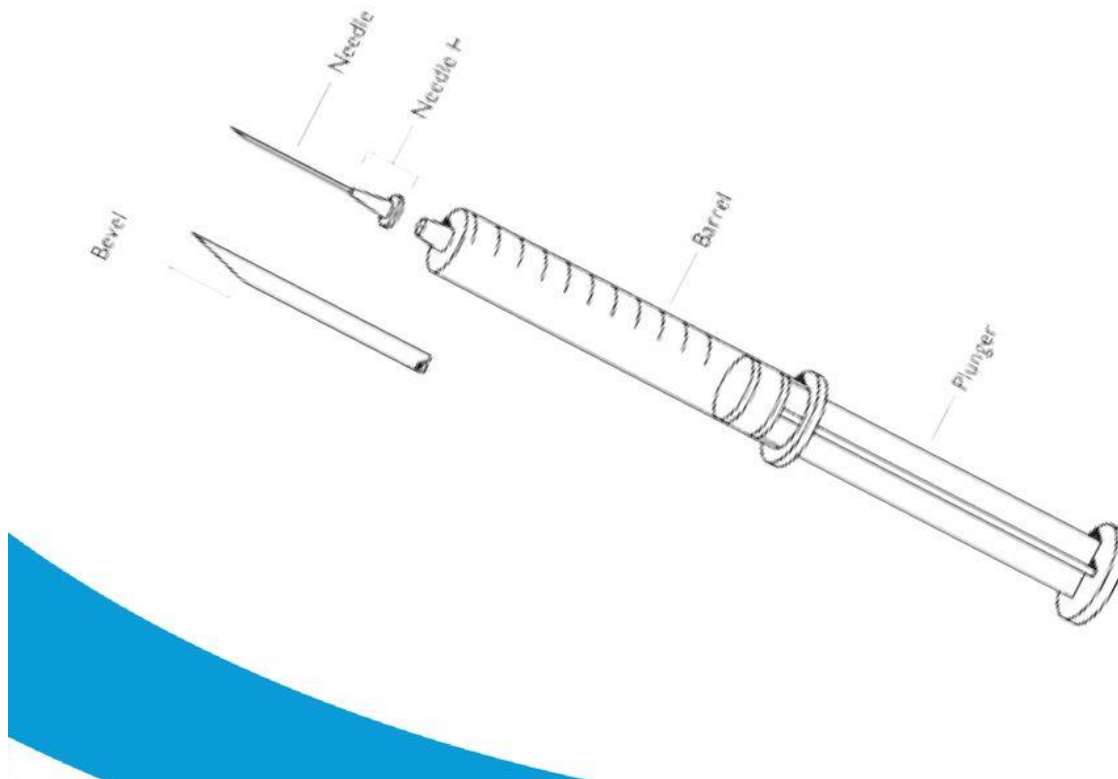
Injection supplies

- Needles & syringes
- Cookers
- Cotton
- Sterile water
- Tourniquet
- Alcohol pad
- Band aid, gauze
- Bleach
- Ascorbic acid

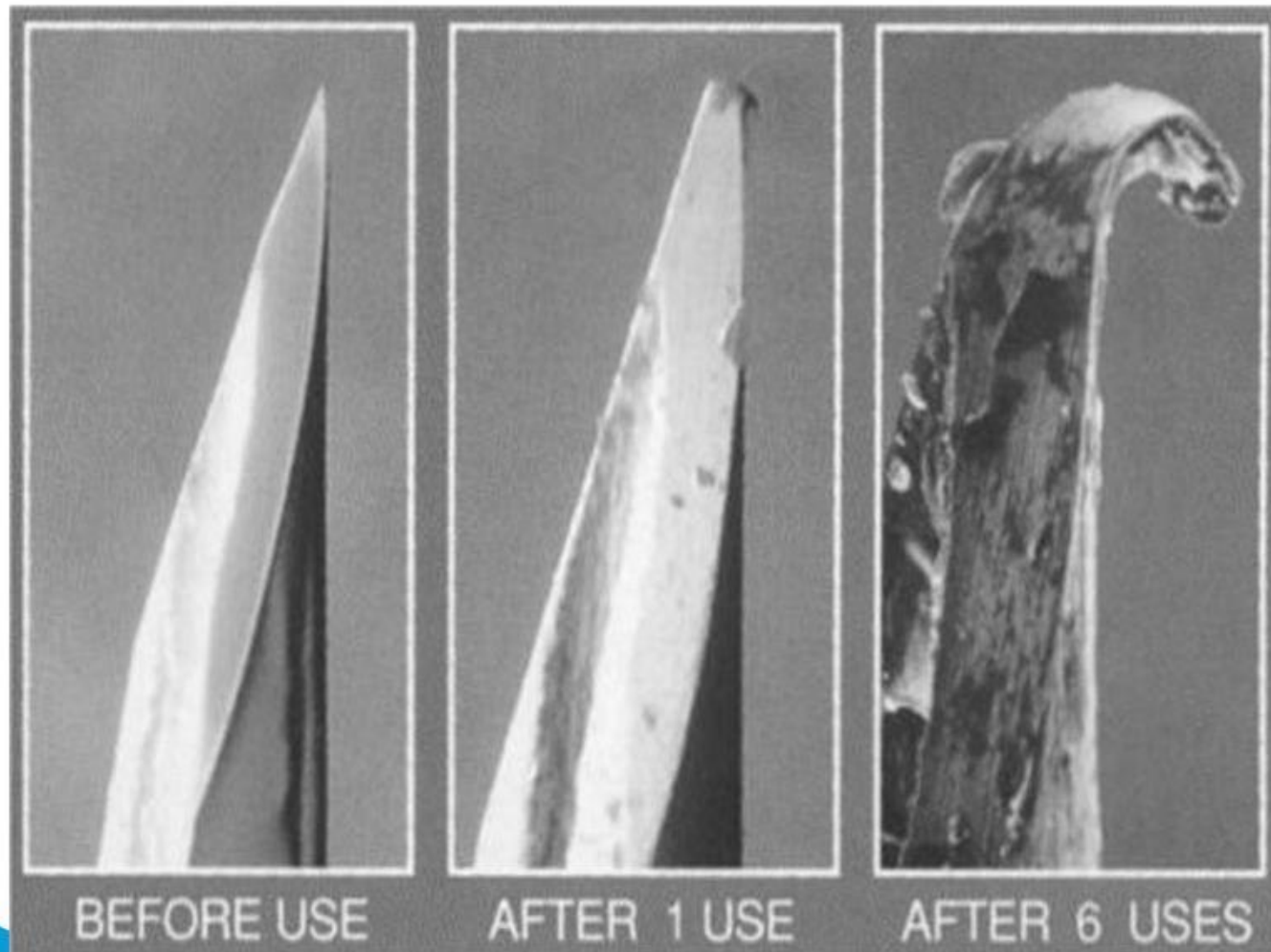


The Syringe

Anatomy of a Syringe



What happens when reused . . .



Spoons



Safe injection supplies



Filters

Cottons (Filters)

- Used to filter impurities in the drug
- Use %100 cotton: Q-tips, cotton balls and pellets
- Avoid cigarette filters, they have tiny bits of glass/plastic



Finding a vein



© Chuck Jines / Barcroft India

Question for the group . . .

- Based on what you have seen,
- How is HIV or HCV spread?

What is Harm Reduction?

“ . . . A philosophy and set of strategies for working with individuals engaged in potentially harmful behaviors.

The main objective is to reduce the potential dangers and health risks associated with such behaviors, even for those who are not willing or able to completely stop.

Harm reduction uses a non-judgmental, holistic and individualized approach to support incremental change and increase the health and well-being of individuals and communities.”

Heather Lusk – p. 34

Challenges of Harm Reduction Approach

- Competes with abstinence only approach
- Perception that harm approach encourages drug use
 - Difficulty accessing drug users
 - Drug users do not trust the system
- Service providers do not trust drug users
- Providers do not have time to implement full harm reduction strategies within a clinical visit

Harm Reduction Best Practices

- Syringe Service Programs:
 - Syringe Disposal
 - Syringe Access
 - Syringe Exchange

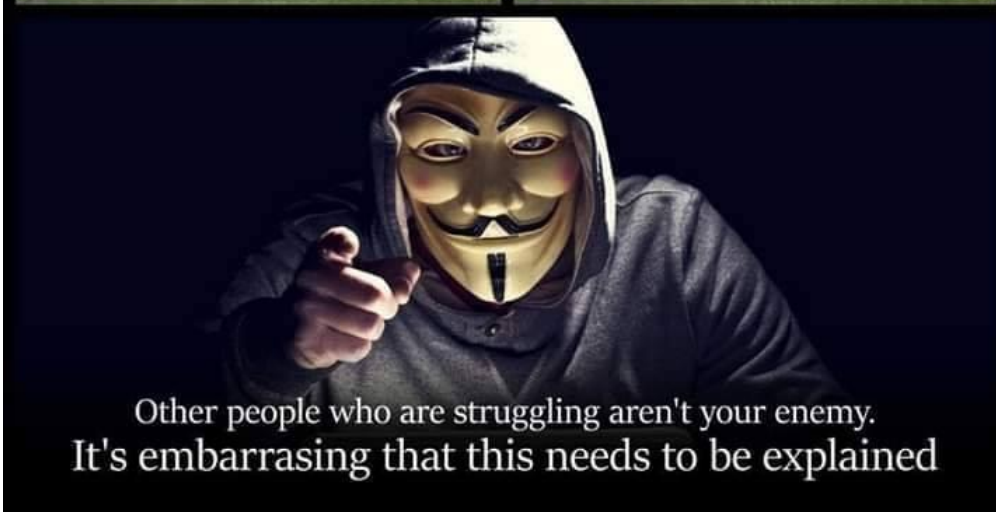
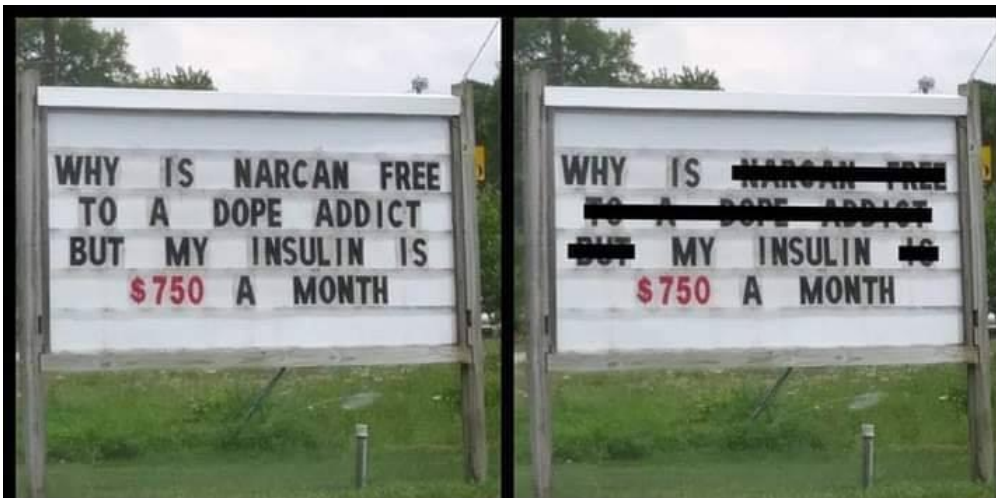


Safe Injection Sites



Naloxone/Narcan



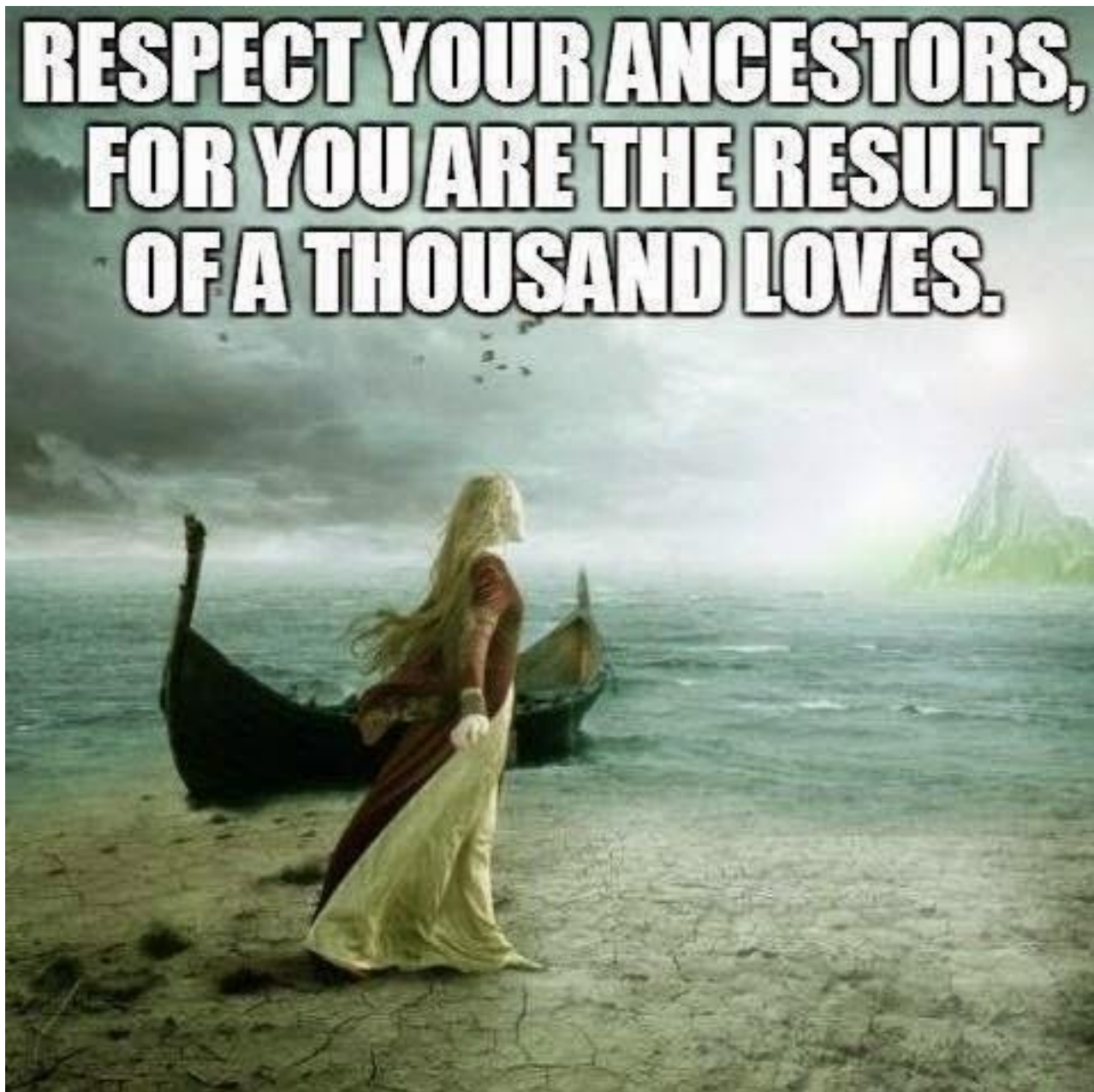


Other people who are struggling aren't your enemy.
It's embarrassing that this needs to be explained

For more information:

- Harm Reduction Coalition: <https://harmreduction.org>
- Chicago Recovery Alliance: <https://anypositivechange.org>
- Harm Reduction Action Center, Denver:
harmreductionactioncenter.org
- Mandan Syringe Exchange, Bismarck, ND

**RESPECT YOUR ANCESTORS,
FOR YOU ARE THE RESULT
OF A THOUSAND LOVES.**



National HIV Curriculum



INTRODUCING THE AETC National HIV Curriculum

FREE Online CME/CNE Training for Physicians, PAs, and Nurses

Visit www.hiv.uw.edu

- Six modules on HIV diagnosis, care, and treatment
- For novice to expert clinicians, faculty and students
- Clinical screening tools and calculators
- 400+ interactive board-review questions
- Modular learning in any order with progress tracker
- Easy to use antiretroviral medications guide and references
- Challenges and Controversies - national experts' opinions

 **HRSA**
Ryan White & Global HIV/AIDS Programs

 **AETC** AIDS Education & Training Center Program
National Coordinating Resource Center



MWAETC Regional Programs

AIDS CLINICAL CONFERENCE - Educating healthcare professionals on the latest in HIV treatment and research through live and webcast lectures

DENTAL PROGRAM - Providing HIV oral health training and consultation to health care professionals

HIV IN CORRECTIONS PROGRAM - Training health care providers working in correctional settings

INTER-PROFESSIONAL EDUCATION (IPE) - Advancing workforce development for inter-professional teams in HIV primary care

MWAETC HIV ECHO - Building capacity of rural health care providers through weekly telehealth sessions including case discussions with an expert panel (www.hivecho.org)

NATIONAL HIV CURRICULUM - Offering comprehensive online HIV care and treatment content with free CE (www.hiv.uw.edu)

PRACTICE TRANSFORMATION PROJECTS - Working with selected clinics to improve patient outcomes along the HIV care continuum

PRECEPTORSHIP PROGRAM - Arranging opportunities to shadow expert HIV providers in clinic settings

MWAETC Website Features (www.mwaetc.org)

- Trainings calendar – Information and registration links for state and regional events
- Regional program information
- Archived AIDS Clinical Conference presentations
- Resources:
 - CE Opportunities
 - For Providers
 - Population Specific Resources
 - For Patients

Online Curricula with Free CME/CNE



National **STD** Curriculum

www.std.uw.edu features self-study modules and Question Bank (board-review style) on a variety of STDs.



Hepatitis C Online

www.hepatitisc.uw.edu features self-study modules for diagnosis, monitoring, and management of HCV infection; tools and calculators; HCV medications; and a resource library.

National HIV/AIDS Consultation Resources

- **Clinician Consultation Center** www.nccc.ucsf.edu
- **HIV/AIDS Management or Warmline** 1-800-833-3413
M-F, 6am - 5pm PST
- **PEPline** 1-800-HIV-4911
Every day, 6am - 6pm PST
- **PrEPline** 1-855-HIV-PrEP
M-F, 8am - 3pm PST
- **Perinatal HIV Hotline** 1-888-HIV-8765
24/7